



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09352, Blueberries, canned, light syrup, drained**

**Report Date: June 29, 2017 22:58 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
<b>Proximates</b>					
Water <sup>1</sup>	g	75.72	3	1.411	184.76
Energy	kcal	88	--	--	215
Energy	kJ	370	--	--	903
Protein <sup>1</sup>	g	1.04	3	0.021	2.54
Total lipid (fat) <sup>1</sup>	g	0.40	3	0.020	0.98
Ash <sup>1</sup>	g	0.18	3	0.012	0.44
Carbohydrate, by difference	g	22.66	--	--	55.29
Fiber, total dietary <sup>1</sup>	g	2.6	3	0.065	6.3
Sugars, total <sup>1</sup>	g	17.45	3	0.337	42.58
Sucrose <sup>1</sup>	g	0.41	3	0.199	1.00
Glucose (dextrose) <sup>1</sup>	g	8.62	3	0.247	21.03
Fructose <sup>1</sup>	g	8.43	3	0.165	20.57
Lactose <sup>1</sup>	g	0.00	3	0.000	0.00
Maltose <sup>1</sup>	g	0.00	3	0.000	0.00
Galactose <sup>1</sup>	g	0.00	3	0.000	0.00
<b>Minerals</b>					
Calcium, Ca <sup>1</sup>	mg	6	3	0.700	15
Iron, Fe <sup>1</sup>	mg	0.43	3	0.051	1.05
Magnesium, Mg <sup>1</sup>	mg	4	3	0.371	10
Phosphorus, P <sup>1</sup>	mg	12	3	1.067	29
Potassium, K <sup>1</sup>	mg	54	3	5.568	132
Sodium, Na <sup>1</sup>	mg	3	3	0.145	7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Zinc, Zn <a href="#">1</a>	mg	0.09	3	0.009	0.22
Copper, Cu	mg	0.053	--	--	0.129
Manganese, Mn <a href="#">1</a>	mg	0.440	3	0.047	1.074
Selenium, Se	µg	0.1	--	--	0.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.5	3	0.189	1.2
Thiamin <a href="#">1</a>	mg	0.046	3	0.011	0.112
Riboflavin <a href="#">1</a>	mg	0.132	3	0.008	0.322
Niacin <a href="#">1</a>	mg	0.363	1	--	0.886
Pantothenic acid <a href="#">1</a>	mg	0.041	3	0.000	0.100
Vitamin B-6 <a href="#">1</a>	mg	0.049	2	--	0.120
Folate, total	µg	2	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	5
Folate, DFE	µg	2	--	--	5
Choline, total	mg	4.0	--	--	9.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	5
Retinol	µg	0	--	--	0
Carotene, beta	µg	22	--	--	54
Carotene, alpha <a href="#">1</a>	µg	0	3	0.000	0
Cryptoxanthin, beta <a href="#">1</a>	µg	0	3	0.000	0
Vitamin A, IU	IU	36	--	--	88
Lycopene <a href="#">1</a>	µg	0	3	0.000	0
Lutein + zeaxanthin	µg	53	--	--	129
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.38	1	--	3.37
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.01	1	--	0.02
Tocopherol, gamma <a href="#">1</a>	mg	0.46	1	--	1.12
Tocopherol, delta <a href="#">1</a>	mg	0.03	1	--	0.07
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g
Vitamin K (phylloquinone) <sup>1</sup>	µg	19.9	2	--	48.6
<b>Lipids</b>					
Fatty acids, total saturated	g	0.028	--	--	0.068
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.022	--	--	0.054
18:0	g	0.006	--	--	0.015
Fatty acids, total monounsaturated	g	0.062	--	--	0.151
16:1 undifferentiated	g	0.002	--	--	0.005
18:1 undifferentiated	g	0.060	--	--	0.146
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.190	--	--	0.464
18:2 undifferentiated	g	0.114	--	--	0.278
18:3 undifferentiated	g	0.075	--	--	0.183
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD